

# Superquick Chermoula Chickpea Curry & Rice

with Toasted Almonds & Yoghurt

TASTE OF MIDDLE EAST

**NEW** 



Grab your meal kit with this number



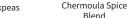








Chickpeas







Blend

Tomato Paste



Vegetable Stock





Slivered Almonds Yoghurt





Prep in: 15-25 mins Ready in: 15-25 mins **Pantry items** Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan · Large frying pan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
courgette	1	2
chickpeas	1 tin	2 tins
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
baby leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	2 medium packets
slivered almonds	½ packet	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2942kJ (703cal)	499kJ (85cal)
Protein (g)	27.6g	4.7g
Fat, total (g)	34g	5.8g
- saturated (g)	17.2g	2.9g
Carbohydrate (g)	93.1g	15.8g
- sugars (g)	12.2g	2.1g
Sodium (mg)	1290mg	219mg
Dietary Fibre (g)	17.8g	3g

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, 12 minutes. Drain.



# Get prepped

- Meanwhile, slice **courgette** into thin rounds.
- · Drain and rinse chickpeas.



## Cook the chickpeas

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook courgette, until tender, 4-5 minutes.
- Add chermoula spice blend, tomato paste (see ingredients) and chickpeas and cook until fragrant, 1-2 minutes.
- Add coconut milk, vegetable stock powder and the water, stirring, until slightly thickened, 2-3 minutes.
- Stir through baby leaves until wilted, 1-2 minutes. Season with salt and pepper to taste.



#### Finish & serve

- · Divide rice between bowls.
- Top with chermoula chickpea curry. Drizzle over Greek-style yoghurt and sprinkle over slivered almonds (see ingredients) to serve. Enjoy!

